



## MASS TIMES

### St Mary's Cathedral Hobart

**7.30am:** Tuesday - Friday  
**12.15pm:** Friday  
**6.00pm:** Saturday Vigil Mass  
**10.30am:** Sunday  
**6.00pm:** Sunday

### Sacred Heart Church New Town

**9.00am:** Tuesday - Thursday  
**8.00am:** Saturday  
**8.30am:** Sunday

**Lawrenny Court** (131 Hill St West Hobart)  
**10.30am:** Friday

### ADORATION OF THE BLESSED SACRAMENT

#### St Mary's Cathedral Hobart

**11.00am:** Friday  
**6pm - 12am:** Friday (CRYPT)  
**5pm - 5.30pm:** Saturday

### RECONCILIATION

**11am - 12 Noon:** Friday  
**5.00pm - 5.30pm:** Saturday

## 2ND SUNDAY OF LENT YEAR C- 13TH MARCH 2022

**From your Administrator.**

**My Dear Parishioners,**

We have, as a people of faith in the Lord Jesus, begun this holy season of Lent. We are called in a special way to reflect on our lives and to return to the Lord who is the source of all good.

We are given a means of achieving this, through **Prayer, Fasting and Almsgiving**. The Cathedral pastoral team have put forward opportunities for you to achieve this, through various programs this season of Lent (please refer to the Parish bulletin for further details).

**Prayer** – participating in a daily Mass and Sunday Masses throughout this season. Reflecting on the Stations of the Cross prayed every Friday in the parish, praying with the Scriptures – especially on the Passion of the Lord, Adoration and the Sacrament of Reconciliation.

**Fasting** – a reminder that we are called to make sacrifices and, if possible, to fast at least on the Fridays of Lent from the excesses of our lives.

**Almsgiving** – from the fasting and sacrifices that you do, save some money for Project Compassion, or for Vinnie's appeals for the poor in our communities.

I have currently been reading about the **Exodus 90 program for men** and **Magnify 90 for women**, a program that will guide you in achieving freedom and communion with the Lord. If you are interested in it, please check it out and see if it works for you.

There is also an interesting article on how a Catholic family is to live the season of Lent, with helpful hints and suggestions to guide the whole family in making this time special and meaningful.

We are all called to be saints – I hope these spiritual exercises will be of help to you.

In Christ,

**Fr Leonard.**



### **Stations of the Cross with Reflections.**

**Every Friday during Lent at 6pm**

18th March 2022 - St Mary's Cathedral

25th March 2022 - Sacred Heart Church

1st April 2022 - St Mary's Cathedral

8th April 2022 - Sacred Heart Church

### **Catholic Standard Newspaper**

The **March Edition** of the Catholic Standard has arrived. Please pick up your copy from the foyer of St Mary's Cathedral or Sacred Heart Church. Stories from activities around the Archdiocese of Hobart.

## PARISH PASTORAL TEAM:

**Administrator:**

Fr Leonard Caldera

**Assistant Priests:**

Fr Paschal Opkon

Fr Fidelis Udousoro,

**Deacon:**

Nick MacFarlane

**Pastoral Associate:**

Sr Monica Shelverton PBVM

## PARISH OFFICE:

**Office Hours:**

(MONDAY - FRIDAY)

**9am - 3pm**

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Hobart 7000

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**Website:**

[www.stmaryscathedralhobart.org.au](http://www.stmaryscathedralhobart.org.au)

**Facebook:**

[www.facebook.com/  
cathedralparishhobarttasmania](http://www.facebook.com/cathedralparishhobarttasmania)

**Parish Secretary**

Jane McKeown

**Director of Music**

Benedict Mackey



**St Mary's  
Cathedral  
Parish**

## Easy Lenten Traditions for Families:

***Observing Lent in your family doesn't have to be hard or complicated. There are so many simple things that families can do to make Lent meaningful for the whole family.***

- ◆ Read the scripture about when Jesus goes into the desert and talk about temptations and how it effect you.
- ◆ Give something up for Lent as a family, even if you kids are young enough that you don't "have" to. We always give up candy as a blanket sacrifice, and then decide on other things. Other good "blanket sacrifices" are no music in the car, no eating out, silent "monastery" lunches, or drinking only water during Lent.
- ◆ Set up an almsgiving box– you simply set out a box, and take 1 thing from your own pantry every day of Lent. At the end of Lent, take the box to a food pantry for the poor.
- ◆ Add extra prayers to your daily life. Maybe this is extra prayers in the morning or at bedtime. If you have older kids, encourage them to set extra goals for personal prayer as well.
- ◆ Pray the sorrowful mysteries of the rosary together- daily, weekly, whatever works for you. If this feels overwhelming with little kids, try just 1 decade.
- ◆ Pray the Divine Mercy Chaplet together- this is also a faster option than a rosary for those with little ones.
- ◆ Light Lenten candles on your dinner table each night (much like an Advent wreath, but for Lent)
- ◆ Go to daily Mass. You decide how often this might be doable at this current stage of your life.
- ◆ Go to adoration. Even if you can't stay long with little kids, it's still worth going.
- ◆ Go to confession as a family and also read penitential Psalms as a family.
- ◆ Attend Stations of the Cross at your church, especially do this on Good Friday or every Friday of Lent
- ◆ Cook simple meatless meals together with your kids. This will be a good sacrifice opportunity for you.
- ◆ Encourage better attention during Mass by assigning each member of the family, 1 reading to pay special attention to (first reading, Psalm, second reading, and the Gospel). Have everyone give a re-cap of "their" reading on the way home in the car. Have a family discussion if anyone had thoughts about the readings.
- ◆ 40 bags, 40 days. You pick the size of the bag (Paper bag, Coles or woolies bag, trash bag) and you get rid of 1 bag full from your house every day. Donate what you get rid of. This is an excellent exercise in living simply.
- ◆ Sing a Lenten hymn together each day as a family. You can sing the same hymn each morning until everyone has learned the words, then move onto another one.
- ◆ Attend extra activities happening at your parish.
- ◆ Do some of the works of mercy together with your kids.
- ◆ Watch a Lenten movie together as a family- I like The Greatest Adventure Easter Story for little kids.
- ◆ Read the Bible together as a family daily. This can be done in the morning at breakfast, and doesn't have to take long.
- ◆ "Un-decorate" your home to keep things simple for Lent. Put a purple table cloth out on the table. Explain liturgical colors to your kids.

**Basically, make sure you're including more prayer, fasting, and almsgiving than during ordinary Time.**

### PARISH LENTEN PROGRAM RESOURCES AND ACTIVITIES

#### **REMEMBER – Parish LENTEN Program**

**Remember** is a 72 - page full colour book containing short daily reflections (from Ash Wednesday to Easter Sunday) perfect for individual devotional reading in addition to longer-form Sunday Scripture readings and reflections, prayer and questions that traditionally form part of Lenten group gatherings. **Only (4) copies still available @ \$10 a book. The books will be for sale from the Parish Office.**



**St Mary's Cathedral Parish Digital Subscription to FORMED Access is FREE.**

Go to [formed.org](http://formed.org) and click 'Sign up'. On the next page select '**Sign up as a Parishioner**'. **Type in: 'St Mary's Cathedral 164 Harrington St Hobart TAS'**.

Enter your name and email address, and you will be sent an email – follow email instructions. For subsequent access, go to [formed.org](http://formed.org), then click 'sign in' and enter your email address.

**ROSARY TO THE BLESSED VIRGIN:** 7.30am Saturday at Sacred Heart Church, New Town followed by 8am Mass.

**NOVENA TO OUR LADY OF PERPETUAL HELP:** 11am Saturday on First floor in Cathedral Centre.

**ADORATION OF THE BLESSED SACRAMENT:** 11am Friday and 5pm Saturday in Cathedral and 6pm –12 midnight in Cathedral Crypt.

**RISEN LORD COMMUNITY TASMANIA:** 7pm Friday Prayer Service on First floor of Cathedral Centre.



St Mary's Cathedral Parish embraces and wholeheartedly supports the Archdiocese of Hobart Safe Communities Policy and Framework.



### SYNOD OF BISHOPS:

Submissions can be received through the online portal until **Sunday March 13 2022.** Larger submissions via letters and emails can be forwarded directly to the diocesan contact until **COB Friday 25 March 2022.**

Don't miss out on this chance to take part in a global conversation about the Catholic Church. You will have noted that the portal limits submissions to 250 words or less. Find out more at: <https://catholic.org.au/synodalchurch>

### DOWNLOAD FOR FREE TODAY



Download using Google Play Store or the Apple Store "What an incredible app! The words 'pray unceasingly' come to mind. **Try it and share with friends and family**

### Consecration to St Joseph Retreat *Through Our Lady*

A retreat will commence on 30th March 2022 and conclude on the 1st May the Feast of St Joseph the Worker. For more information: <https://www.throughourlady.org/retreat>



### It's Happening Next Weekend

**When:** Saturday 19th and Sunday 20th March  
**Where:** St John's Catholic Church Richmond to St Patrick's Catholic Church Colebrook.  
**Who:** 16 to 35 age group

The pilgrimage is a 41 km two day pilgrimage with pilgrims camping overnight approximately halfway on private property in a beautiful remote location. It is a joyful and purposeful pilgrimage that has for a number of years now provided pilgrims with great encouragement in their faith walk.

**To Register** visit [eventbrite.com.au](http://eventbrite.com.au) and enter St Patrick's Pilgrimage 2022 or contact [youth@aohtas.org.au](mailto:youth@aohtas.org.au)



### What's on FORMED.org this week

Learn and pray with Brother Francis in any of the four(4) seasons offered below!

- Season 1: Daily Meditations
- Season 2: 4-part Series
- Season 3: Let's Learn about Lent
- Season 4: The Stations of the Cross

### GOSPELS FOR THE COMING WEEK

Monday 14th March	Luke 6: 36-38
Tuesday 15th March	Matthew 23:1-12
Wednesday 16th March	Matthew 20: 17-28
Thursday 17th March - <i>St Patrick</i>	Luke 10: 1-12, 17-20
Friday 18th March - <i>Collect of St Cyril of Jerusalem</i>	Matthew 21: 33-43, 45-46
Saturday 19th March - <i>St Joseph, Spouse of the Blessed Virgin Mary</i>	Matthew 1:16,18-21,24

### NEXT SUNDAY'S READINGS - 8th Sunday of Ordinary Time

Exodus: 3:1-8,13-15	Psalms 102:1-4, 6-8,11
1 Corinthians 10:1-6,10-12	Luke: 13:1-9

**Pray and Hear the Good News**

### DAILY EXAMEN

*The Examen is a method of reviewing your day in the presence of God.*

1. Ask God for light. I want to look at my day with God's eyes, not merely my own.
2. Give thanks. The day I have just lived is a gift from God. Be grateful for it.
3. Review the day. I carefully look back on the day just completed, being guided by the Holy Spirit.
4. Face your shortcomings. I face up to what is wrong—in my life and in me.
5. Look toward the day to come. I ask where I need God in the day to come.

### From Our Anniversary Book

Brian Kilmartin, Paul Gill, Ivy Woolford, Kaye Tapp, Helen Fox, Clare Costello, Catherine O'Driscoll, Susan Di Giovanni, Francesco Demarte, Maxwell Webberley, Archibald Hawkes, Florence Proto, Giovanni Ferraro, Archbishop Guilford Young, Nancy Foale, Anthony Pauly, Rosemary Cooper, Peter Roach, William Warren, Eileen Burke, John Kelly, Walter Pauly, Guido Toffoli, Michele Giura, Rosa Rello, Ernest McDonald, Maria Sofia di Noia, Mary News, Julian Donnelly and John Farrington

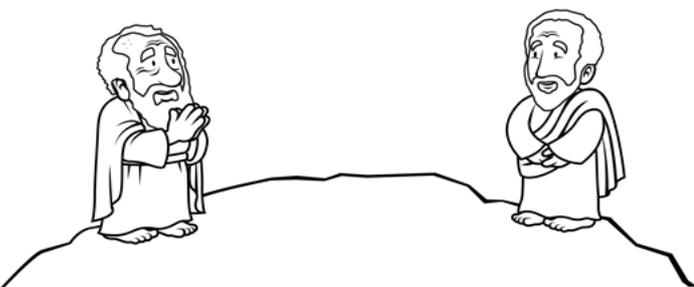
**May they rest in peace !**



## Children's Corner

### The Transfiguration

One day, Jesus took Peter, James and John to the top of a high mountain. They then witnessed Jesus talking with Moses and Elijah and heard the voice of God. Draw Jesus talking with Moses and Elijah.



## READINGS OF THE DAY - 2nd SUNDAY OF LENT - YEAR C

### First Reading

Genesis 15:5-12,17-18

Taking Abram outside the Lord said, 'Look up to heaven and count the stars if you can. Such will be your descendants' he told him. Abram put his faith in the Lord, who counted this as making him justified.

'I am the Lord' he said to him 'who brought you out of Ur of the Chaldeans to make you heir to this land.' 'My Lord, the Lord' Abram replied, 'how am I to know that I shall inherit it?' He said to him, 'Get me a three-year-old heifer, a three year old goat, a three-year-old ram, a turtledove and a young pigeon.' He brought him all these, cut them in half and put half on one side and half facing it on the other; but the birds he did not cut in half. Birds of prey came down on the carcasses but Abram drove them off.

Now as the sun was setting Abram fell into a deep sleep, and terror seized him. When the sun had set and darkness had fallen, there appeared a smoking furnace and a firebrand that went between the halves. That day the Lord made a Covenant with Abram in these terms:

'To your descendants I give this land, from the wadi of Egypt to the Great River.'

**Responsorial Psalm** Psalm 26:1.7-9.13-14 R.v.1

(R.) **The Lord is my light and my salvation.**

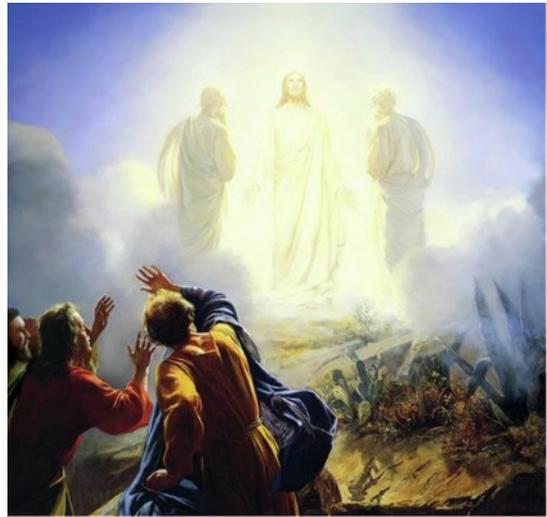
1. The Lord is my light and my help;  
whom shall I fear?  
The Lord is the stronghold of my life  
before whom shall I shrink?
2. O Lord, hear my voice when I call;  
have mercy and answer.  
Of you my heart has spoken:  
'Seek his face.'
3. It is your face, O Lord, that I seek,  
hide not your face.  
Dismiss not your servant in anger;  
you have been my help.
4. I am sure I shall see the Lord's goodness  
in the land of the living.  
Hope in him, hold firm and take heart.  
Hope in the Lord!

### Second Reading

Philippians 3:17- 4:1

My brothers, be united in following my rule of life. Take as your models everybody who is already doing this and study them as you used to study us. I have told you often, and I repeat it today with tears, there are many who are behaving as the enemies of the cross of Christ. They are destined to be lost. They make foods into their god and they are proudest of something they ought to think shameful; the things they think important are earthly things. For us, our homeland is in heaven, and from heaven comes the saviour we are waiting for, the Lord Jesus Christ, and he will transfigure these wretched bodies of ours into copies of his glorious body. He will do that by the same power with which he can subdue the whole universe.

So then, my brothers and dear friends, do not give way but remain faithful in the Lord. I miss you very much, dear friends; you are my joy and my crown.



<https://margmowczko.com/making-sense-of-the-transfiguration/>

### Gospel Acclamation

**Glory and praise to you, Lord Jesus Christ!**

From the shining cloud the Father's voice is heard:  
this is my beloved Son, hear him.

**Glory and praise to you, Lord Jesus Christ!**

### Gospel

Luke 9:28-36

Jesus took with him Peter and John and James and went up the mountain to pray. As he prayed, the aspect of his face was changed and his clothing became brilliant as lightning. Suddenly there were two men there talking to him; they were Moses and Elijah appearing in glory, and they were speaking of his passing which he was to accomplish in Jerusalem. Peter and his companions were heavy with sleep, but they kept awake and saw his glory and the two men standing with him. As these were leaving him, Peter said to Jesus, 'Master, it is wonderful for us to be here; so let us make three tents, one for you, one for Moses and one for Elijah.' – He did not know what he was saying. As he spoke, a cloud came and covered them with shadow; and when they went into the cloud the disciples were afraid. And a voice came from the cloud saying, 'This is my Son, the Chosen One. Listen to him.' And after the voice had spoken, Jesus was found alone. The disciples kept silence and, at that time, told no one what they had seen.

### REFLECTION FOR THE WEEK

#### GOD'S GLORY IS ALWAYS WITH US

The chapter 9 of Luke's gospel is filled with Jesus' self-revelation. He shows himself as the fulfilment of God's kingdom, the food for the journey, the Christ of God and the Son of Man. This revelation is crowned by the words of the Father – 'This is my Son, the Chosen One. Listen to him' Luke 9:35.

The essence of the revelations was to strengthen the faith of the faint-hearted apostles. Although they had lived with Jesus for about three years, they still didn't know who he really was. At his transfiguration, they are given a taste of God's glory but have they really grasped the significance of this event? NO is the answer. Unlike the apostles, Abram put his entire faith in God. Although God hadn't yet revealed his glory in Abram's life, Abram believed in God and it was counted to him as righteousness, Gen 15:5-12.

God's glory comes to us on a daily basis and while it does not always seem dramatic, they are really important. His glory can be seen in the sacred scriptures and the events of our lives. How often do we take time to seek, pray and search for his glory?